

Everyone Should Drink Hot Water in the Morning

Wash away all the stomach, liver, and bowel poisons before breakfast.

To feel your best day in and day out, to feel clean inside; no sour bile to coat your tongue and sicken your breath or dull your head; no constipation, bilious attacks, sick headache, colds, rheumatism or gassy, acid stomach, you must bathe on the inside like you bathe outside. This is vastly more important, because the skin pores do not absorb impurities into the blood, while the bowel pores do, says a well-known physician.

To keep these poisons and toxins well flushed from the stomach, liver, kidneys and bowels, drink before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it. This will cleanse, purify and freshen the entire alimentary tract, before putting more food into the stomach.

Get a quarter pound of limestone phosphate from your druggist or at the store. It is inexpensive and almost tasteless, except a sourish tinge which is not unpleasant. Drink phosphated hot water every morning to rid your system of these vile poisons and toxins; also to prevent their formation.

To feel like young folks feel; like you felt before your blood, nerves and muscles became saturated with an accumulation of body poisons, begin this treatment and above all, keep it up! As soap and hot water act on the skin, cleansing, sweetening and purifying, so limestone phosphate and hot water before breakfast, act on the stomach, liver, kidneys and bowels.—Adv.

Disengaged.
Safety—So Jack is engaged, is he?
And is Fanny the bride-to-be?
First—No, she is the tried-to-be.

FRECKLES

Now Is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription ointment—double strength—is guaranteed to remove these homely spots. Simply get an ounce of ointment—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength ointment, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

Every man claims to consider both sides of a question; but no man does—quite.

IS CHILD CROSS, FEVERISH, SICK

Look, Mother! If tongue is coated, give "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely.

A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, liver gets sluggish, stomach sour, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhoea. Listen, Mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well child again.

Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

Warm weather is the best substitute for coal.

For weak joints apply Hanford's Balsam thoroughly and well rubbed in. Adv.

A shopper considers the price, but a buyer considers the value.

Not Gray Hairs but Tired Eyes make us look older than we are. Keep your eyes young and you will look young. After the Movies Murine Your Eyes. Don't tell your age. Murine Eye Remedy Co., Chicago, Sends Eye Book on request.

The evil that men do is soon forgotten—by themselves.

Time isn't always money to the man who does a credit business.

HAS DISTINCT FLAVOR

CAULIFLOWER ONE OF THE BEST OF VEGETABLES.

Careful Preparation Needed to Bring Out Its Really Fine Qualities in Some Dishes That Have Indorsement of Experts.

Cauliflower has a distinctive flavor, suggesting cabbage somewhat, but more delicate. Whatever the method of preparing it for the table, care should be taken to preserve and develop its flavor and to keep the creamy white color which is so attractive. This means that it must be cooked just long enough to insure tenderness and no longer. If overcooked, the white portion turns dark and the flavor becomes strong and finally rank. Some persons insist that overcooked cauliflower and overcooked cabbage may be the cause of digestive disturbance which is not noticed when these vegetables are properly cooked.

The following recipes are worth trying:

Boiled Cauliflower With Drawn Butter.—Place the cauliflower, head up, in boiling water to which salt has been added (one teaspoonful to a quart of water) and cook until just tender, which should require for a medium-sized cauliflower about one-half hour. Then remove whole to a hot dish and serve with melted butter. Sometimes the head is wrapped in cheesecloth before being cooked to make sure that the delicate flowerets are not broken off. If the leaf stalks are cooked with the head, serve in such a way that each person receives a portion of both head and leaf.

Creamed Cauliflower.—The cauliflower cooked as above may be served with a cream sauce, and the dish looks particularly well when the head is left whole and the sauce is poured over it. If more convenient, however, it may be broken up into small portions, which should be arranged neatly in the dish and then covered with the sauce.

Cream Sauce.—This kind of sauce (so often served with vegetables) should be made rather thick for cauliflower, as follows: One cupful milk, two tablespoonfuls butter, two tablespoonfuls flour, one-half teaspoonful salt and one-fourth teaspoonful pepper. Heat the milk over boiling water; beat the butter and flour to a cream and stir into the hot milk. Cook five minutes, then add salt and pepper.

In this and the other dishes referred to salt and pepper can be added as desired.

Cauliflower Baked With Cheese (Cauliflower au Gratin).—Break into pieces a well-drained head of plain boiled cauliflower and fill a dish with layers (two or at most three) of cauliflower lightly sprinkled with grated cheese. Pour over all a cupful of cream sauce; sprinkle the top with buttered bread crumbs, and, if a decided cheese flavor is liked, with a little grated cheese also. Bake in a moderately hot oven until the top is a delicate brown.

Cream of Cauliflower Soup.—Cream soups can be made by adding the pulp of a vegetable (enough to insure good flavor) to a thin cream sauce. A good proportion is one cupful of vegetable pulp (in this case cauliflower broken into very small pieces or put through a rather coarse sieve) to a quart of sauce.

Sauteed Oysters.

To be prepared in the chafing dish. Free the oysters from bits of shell and rinse if gritty, drain and lay on a bed of coarse cracker crumbs, rolled rather coarsely, and seasoned with pepper and salt. Put enough butter into the blazer to more than cover the bottom, lay in the oysters and turn as soon as light brown, adding more butter as needed. Serve with olives or pimiento.

Creamed Celery.

Celery two cupfuls, white sauce one cupful.
Method: Select the tender parts of the celery and serve as a relish. The tougher, undesirable parts, break into inch pieces and cook until tender in enough boiling salted water to cover (30 to 60 minutes). Make a white sauce by melting one tablespoonful of butter and adding one tablespoonful of flour and stirring until smooth, gradually pouring on the one-fourth cupful of milk and stirring until smooth. Add the cooking water.

Fruit Pudding.

Take one egg, beaten slightly; one-half cupful butter and lard mixed, one cupful milk, scant one-half teaspoonful cloves, allspice, cinnamon, nutmeg, ginger, one-half teaspoonful salt, one teaspoonful soda, three cupfuls flour, one cupful seeded raisins, one-half cupful citron, one cupful walnut meats, ground.

Steam three and one-half hours. Serve with cream or wine or brandy sauce. This makes an excellent dessert and will keep a long time.

The President's Wedding Cake—

—an example of decorative art never equaled in the history of cake decorating—an example of deliciousness, lightness and wholesomeness that would be a pride to any housewife. It is

Another Testimonial for CALUMET BAKING POWDER

This world-famous Wilson-Galt Wedding Cake was made by Mrs. Marian Cole Fisher and Miss Pansy Bowen, both well known Domestic Science Experts. Calumet Baking Powder was used because both these experts use it exclusively in their work and know it is the purest, the safest, the most wholesome and economical to use.

So do millions of housewives who use it every baked day—so will you if you try it on the things hardest to bake.

Send your name and address for free recipe and history of the Wedding Cake. Then bake one just like it yourself.

Received Highest Awards
World's Pure Food Exposition,
Chicago and Paris

Calumet
Baking Powder Co.
Chicago

Activities of Women.

London has 30 women tramway conductors.

Four of America's richest women are unmarried.

Adele Blood, the motion picture actress, recently insured her hair for \$50,000.

Girls arriving alone in Tokyo, Japan, are met at the railway station by a chaperon.

In order to meet the shortage of agricultural labor in England, due to the enlistment of men, steps have been taken to mobilize a sufficient number of women to work the land.

The combined membership of the various Young Women's Christian association branches throughout the United States is over 350,000.

Fifteen hundred Missouri suffragists claim that they will have a surprise to spring when the national Democratic convention meets.

Financiers Still Working.

Everybody in the financial district seems to be on the job these days. As a rule, the moneyed men of Wall street have been in the habit of taking a vacation twice a year. In the winter they summer at Palm Beach and in the summer they winter in Switzerland or at some health resort in Europe. Last year was an exception on account of the new situation in the winter created by the war and the active bull market of the summer. At the present time the foreign situation is keeping the men of finance in New York, although their families may be in the South or California. There is no wandering away from the stock ticker nowadays while it is performing gymnastics. There is too much at stake.—New York Times.

What He'd Like.

Church—An unusual dinner was recently given in Toledo. Each guest cooked his own food by electricity.

Gotham—I'd rather enjoy that for they'd be so tired after their exertions no one could make an after-dinner speech.

I would rather sit on a pumpkin and have it all to myself than to be crowded on a velvet cushion. —Thoreau.

INSURING GOOD CRUST,

CERTAIN RULES MUST BE OBSERVED IN PIE MAKING.

No Reason in the World Why Delicious Form of Dessert Should Ever Have Been Said to Be Indigestible.

Somewhere along in the late eighties or early nineties a loud voice was heard denouncing the great American pie. Pie-making and pie-eating were among the chief industries of our forefathers, and the pronouncement was made that here was to be found the reason for the various assortment of human ills from which they suffered. They did not know they were pie-poisoned. They ate the crisp-crust, fruit-filled dainties and enjoyed them; they went on their heedless ways ignorant of the crimes they were committing, but according to biblical prophecy their sins were being visited upon their descendants and we were enduring the curse of weakened digestions because of those pie-ous ancestors.

And so the fear of pies was born in us, and it is a heroic hostess who will serve pie as the dessert of a dinner party. If we calmly analyze a pie, though it does not seem so deadly a thing: a little flour, fat, water or milk, and fruit usually, and if these ingredients are skillfully combined, we are willing to take oath as to the whole soundness of the result.

Here are some simple rules which will insure a good crust, and if we follow them in making our pies we may be able to restore the pie to its old popularity.

The general formula for crust is one and one-half cupfuls of flour, one-half cupful of fat, one and one-half teaspoonfuls of salt, liquid to moisten. This will make one two-crust pie or two one-crust pies. The ingredients must be kept cold. Since the only leavening agent in the crusts is air, and cold air expands on heating, it is reasonable to suppose that the colder the air the greater the expansion and the flakier the crusts. Do not handle the crusts any more than absolutely necessary. Cut the crust a little larger than the tin to allow for shrinking in baking, and be sure to leave no air bubbles between the paste and the tin.

Pastry and modified flour give the best results, and in the case of these less fat is needed. The best crusts are made with one part of lard to four parts of pastry flour. When butter is used two tablespoonfuls more fat to the cupful of flour should be added. Butter in a crust gives it the best flavor, according to some, but lard gives the flakier crust and a good flavor.

More liquid is needed with bread flour than with pastry flour. The larger the amount of water the less fat is needed. A very good way to keep the undercrust crisp is to spread egg-white over it and sprinkle with cornstarch.

To Vary the Children's Supper.

A nice supper dish for the children may be made by rubbing a cupful of raisins and prunes cooked together—or either of them separately—and a cupful of rice through the colander, adding the yolk of an egg, a little sugar and squeeze of lemon, thinning with water and cooking a few minutes. Chopped raisins worked into any soft cheese is a nutritious filling for a sandwich.—Woman's World.

Boiled Soft Custard.

Four eggs, one quart of milk, four tablespoonfuls sugar, a little vanilla, when done. Heat the milk, beat the eggs and sugar. Cook in a double boiler, stirring all the time till thick. Put into tumblers, two-thirds full, to serve. If cooked too long it will curdle.

Scalloped Parsnips.

Four or five good-sized parsnips, one tablespoonful butter, one teaspoonful salt, two tablespoonfuls milk, one teaspoonful black pepper, two tablespoonfuls finely chopped onion, bread crumbs.

Boil the parsnips until tender, and mash smooth. Add the butter, salt, pepper, onion, and milk. Butter a baking-pan and cover the bottom with a layer of parsnips. Cover the top with bread crumbs and dot with butter. Brown in the oven and serve hot.

When You Bake a Cake.

To prevent cake from sticking to tins when baked, grease the tins, then dust them with flour. Lightly beat out the loose flour, leaving only what sticks to the grease. This does away with the old-fashioned method of lining the pans with greased paper.

To Lay New Matting.

Cut each width six inches longer than necessary. Then ravel the ends and tie the cords together. When the matting is taken up to be cleaned it cannot ravel and there is no waste.

Still intact.
"How can she marry him, knowing that he's dissipated?"
"But his fortune isn't."

KIDNEY MEDICINE DISSOLVES GRAVEL STONES

Dr. Kilmer's Swamp-Root sells well with us because it invariably produces good results in Kidney, Liver and Bladder troubles. We sold a dollar bottle to one of the inmates of our Soldiers' Home near here, and after using it he brought in about one dozen gravel stones, some as large as a pea, which he had passed. He states that he obtained wonderful relief from the use of Swamp-Root.

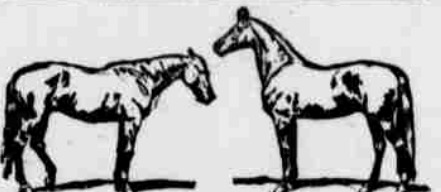
ERNEST A. BROWN,
Lafayette, Ind.

Personally appeared before me this 28th of July, 1909, Ernest A. Brown of the Brown Drug Co., who subscribed the above statement and made oath that the same is true in substance and in fact.

DAVID BRYAN, Notary Public.
Prove What Swamp-Root Will Do For You
Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

A horse show is a place where society shows the horse he has no show.

Love may be blind, but it can usually locate the almighty dollar.



THE LAME HORSE is never cured whose owner reads and doubts.—BUT FAILS TO ACT—Here is a case in point.—And what happened to this Subscriber is Taking Place with Thousands.

Letter No. 1 Orleans, Vermont, April 26th, 1910.
Troy Chemical Co., Binghamton, N. Y.—Your adv. has given me courage to try again. I have a valuable patient two years ago he went lame. I tried every remedy and doctors have bled him three times for spavin and twice hip. The symptoms are—etc., etc. I determined to see what you think.

Letter No. 2 Orleans, Vt., May 2nd, 1910.—I received your letter and book yesterday and believe you are right about his being a bone spavin. I was so encouraged I drove eight miles and bought a bottle of Fred D. Pierce, druggist at Barton, and will slowly follow your special instructions. Thanking you for your quick reply to my first letter, I remain, Sir, your obedient servant.

Letter No. 3 Orleans, Vt., Oct. 3, 1910.—Perhaps you expected to hear from me before, but I have been waiting to see if any trouble would return after stopping the treatment. I am pleased to say the horse is well. I cannot thank you enough for your interest and the advice you gave. If I had known about it two years ago it would have saved me a lot of money. Yours respectfully, HALE MASON.

Save-The-Horse has stood alone and unique among veterinary remedies for over twenty years. No blistering or loss of hair. Horse works as usual. Every bottle sold with signed contract head to return money if remedy fails on Ringbone-Thorough-Spavin—ANY Shoulder, Knee, Ankle, Hock or Tendon Disease.

Be careful. BOOK, Sample Contract & ADVICE—ALL FREE (to Horse Owners & Managers). Address: TROY CHEMICAL CO., 5 Commerce Ave., Binghamton, N. Y.

Druggists everywhere sell Save-The-Horse with CONTRACT or we send by Parcel Post.

Children Who Are Sickly

When your child cries at night, tosses restlessly in its sleep, is constipated, feverish or has symptoms of worms, you feel worried. Mothers who value their own comfort and the welfare of their children, should never be without a box of

Mother Gray's Sweet Powders for Children

for use throughout the season. They tend to Break up Colds, relieve Feverishness, Constipation, Teething Disorders, move and regulate the Bowels and destroy Worms. These powders are pleasant to take and easy for parents to give. They cleanse the stomach, act on the Liver and give healthful sleep by regulating the child's any substitute system.

Used by mothers for 28 years. Sold by all druggists, 25 cts. Sample mailed FREE. Address: Mother Gray Co., Le Roy, N. Y.

Be sure you ask for and obtain Mother Gray's Sweet Powders for Children.



The Army of Constipation

Is Growing Smaller Every Day.

CARTER'S LITTLE LIVER PILLS

are responsible—they not only give relief—they permanently cure Constipation. Millions use them for Biliousness, Indigestion, Sick Headache, Sallow Skin. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

W. F. YOUNG, P. D. F., 310 Temple St., Springfield, Mass.

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